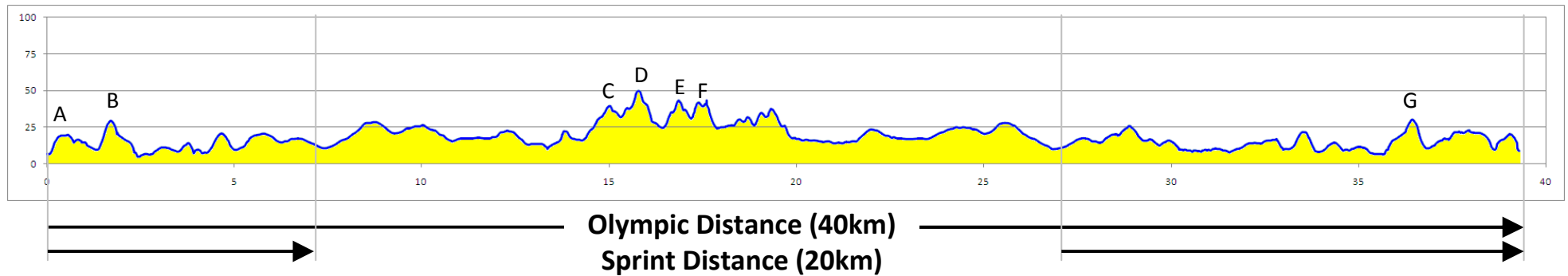




Bike Course

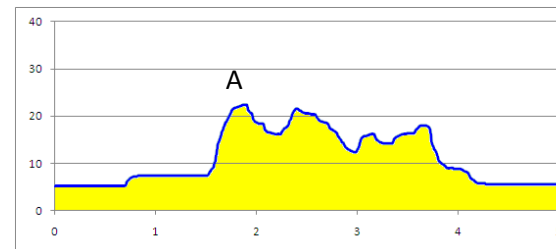


Total Distance: 39.5km
Total Ascent: 290m

Climbs Bike Course

	km	avg %	length
A:	km 0.0	4.0%	320m
B:	km 1.3	5.2%	380m
C:	km 14.3	3.2%	740m
D:	km 15.3	3.9%	450m
E:	km 16.4	4.5%	420m
F:	km 17.1	5.4%	207m
G:	km 35.7	3.2%	740m

Run Course



Total Distance: 5km
Total Ascent: 30m

Olympic Distance: 2 Laps
Sprint Distance: 1 Lap